

Fastkins 531RPTTTlol Other Stuff to Consider

You'd probably be better off not drinking alcohol or having goals. But screw that.

1. I love beer and bourbon. My cousin is the same way. My two other friends don't understand that there is a world of beer beyond Pabst Blue Ribbon, but whatever. I usually have a nice dark beer and/or a glass of bourbon when I'm not fasting. For heavier drinking events, I stick with lowest calorie possible: bourbon if I'm sipping or Bud 55 if it's with lots of friends, etc. (yeah, they suck, but I suck for getting fat, so...)
2. I always overestimate calories by 5% and round up. I use MyFitnessPal. If it tells me my calorie intake was 1800, I call it 1890 and enter 1900 into my log. If I'm feeling really suspicious, I'll add another 100 calories.
3. I track my lifts because I like numbers. You don't have to do that. My cousin does MMA, so he thinks weight lifting like I do is for people who can't fight.
4. You need to know what your goal is. I listed mine and they emailed me theirs:
 - a. Mine: look good naked; be stronger over time; resting heart rate below 45; optimal blood pressure
 - b. Cousin: look good in a bathing suit; be able to punish people at MMA class; be able to eat a lot when I want to eat a lot
 - c. CrossFit Friend: be better at CrossFit; drink as much as I want without getting fat; look better than <Power Lifting Friend>
 - d. Power Lifting Friend: bigger lifts at next competition; drop one weight class (he also wrestles); beat up <Cousin – the MMA guy> haha

Based on my goals, I clearly don't care about making massive gains. My idea of good looking isn't about being as big as possible. I don't want to be "little cut", but I also don't want to be "strong fat". This plan likely won't work for someone with goals that don't align to it. **Know your goal.**